



SIX SENSES SPA

ULUWATU, BALI

# SPA AND WELLNESS MENU

Wellness is freedom. It's an invitation to explore, to find a clear sense of purpose, to understand what makes life meaningful in pursuit of a healthier and happier you. To live smarter now for a future of living awesome.

Our overarching philosophy, Six Senses Integrated Wellness, provides the best base possible to help you flourish, in tune with your natural flow. From our pioneering experts, doctors and practitioners to our unique blend of high-tech science and high-touch therapies. From the food you eat to the way you sleep, the people you meet and the earth beneath your feet. Wellness is integrated into your whole Six Senses experience, and becomes a joyful way of life.

If you wish to go further, our wellness experts can assess your health and lifestyle and recommend a personalized program for you in steps that you feel comfortable with. Move further along your path to well-being, with us cheering you on.



# PERSONALIZED WELLNESS



## WELLNESS SCREENING, 60 MINUTES

A non-invasive screening which analyzes your key physiological biomarkers and enables our experts to build a personalized program that blends high-tech science with ancient healing traditions, alternative therapies, holistic spa treatments and wellness activities.

## SLEEP UPGRADE, FROM ONE NIGHT +

Starting with a You + Sleep questionnaire, our Sleep Ambassadors prepare your bedroom to ensure the best sleeping conditions. The sleep tracker measures your sleep quality and room environment and the results enable our wellness experts to work with you on how to ensure each day ends in peaceful slumber.

## NUTRITION

Whatever wellness journey you take, our experts follow the guiding principles of Eat With Six Senses: natural ingredients (where possible from our own organic gardens and farms), local and sustainable, and less is more, focusing on quality, balance and food made from scratch. We design a nutritional plan that is right for you, while delivering maximum taste and amplifying the benefits of your daily treatments and activities.



*If you're already walking the walk along the path, choose one of our wellness programs to help you along the way.*

#### CLEANSE & DETOX

Want to eliminate toxins, improve the digestive system, boost the immune system and achieve clarity of thought and peace of mind? We use the non-invasive techniques of yogic cleanse to help your body detox in a safe, controlled manner, combined with low intensity training, detoxifying therapies and personalized wellness activities.

#### TRIM & FIT

Would you like to improve stamina, tone the body, get fit or address specific movement related concerns? This program focuses on assessing your fitness level and blends high and low intensity training with correcting muscular imbalances and soothing treatments.

#### SLEEP & RESILIENCE

Feeling tired, lacking energy, experiencing bouts of cold, suffering from headaches or finding it difficult to handle stress and adversity? Rest the mind and rejuvenate the body by combining practical advice from our Sleep Doctor with the many benefits of yoga nidra and meditation, as well as relaxing wellness therapies.

#### FULL POTENTIAL

Do you feel in good health but wish to progress to the next level? This flexible program is based all around the personal improvements you wish to achieve during your stay and flourish in the long term. Plus, you get the opportunity to meet with the chef who prepares a customized meal plan for the duration of your stay.

#### DISCOVER YOGA

Experience a new form of body and mind exercise, release any stress and enjoy improved flexibility plus a stronger and more powerful body. This program combines private sessions of hatha yoga, guided meditation and breathing exercise with signature massages and energy treatments.

If you wish to recharge your batteries, cleanse the body or improve sleep, **Yogic Detox** and **Yogic Sleep** offer mind-body tools to help you eliminate any negative environmental effects and navigate whatever life throws your way.

*Programs of three, five, seven or more nights are available. It depends on how much time you have to invest in your well-being.*





# MASSAGES



**SIX SENSES SIGNATURE MASSAGES:**

**Detox, 60 minutes** - an energizing massage focusing on the areas between the upper legs, glutes, lower back, hips and abdomen. It uses dry brushing and silicone cups to stimulate circulation, improve skin tone and elasticity, and it helps reduce the appearance of cellulite by breaking down adipose tissue and reducing fluid retention.

**Holistic, 60/90 minutes** - a fully personalized treatment based on each guest's needs and desired results. It uses a combination of flowing, soothing, rhythmical and medium pressure movements on the specified areas of concern to relieve muscle tension and to bring about a balanced, calm and stress-free state of being.

**Movement Restoration, 90 minutes** - improve mobility and flexibility with a full body massage combining pressure point techniques with gentle stretching to increase the range of motion and allow the body to release built-up tension.

**Tension Soother, 30/60 minutes** - a reviving back, neck and shoulder massage using therapeutic trigger techniques to relieve muscle tension and restore mobility and alignment of the back and spine.

**Head Massage, 30/60 minutes** - a deeply relaxing oil-based massage of head, neck and shoulders using craniosacral techniques to ease tension in the muscles and fascia of the head and upper body, and induce a deep sense of calm.

**Relaxed Feet, 30/60 minutes** - restore the body's balance and release aches and pressure in the feet with this signature treatment using a fusion of massage techniques on the meridian lines of the legs and zones of the feet.

**KUNDALINI BACK TREATMENT, 60 MINUTES**

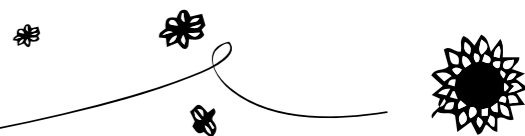
This restorative massage is recommended for emotionally exhausted souls and anyone with computer-tight shoulders or a tense back. Deeply soothing strokes awaken the dormant energy at the base of the spine, increasing energy levels and rebalancing the whole nervous system. *Using ıla.*

**KARUNA KAYA DEEP TISSUE TREATMENT, 90 MINUTES**

This therapeutic and corrective treatment releases deeply-held patterns of tension, removes toxins and soothes muscles. ıla's Muscle Release Serum warms the areas which need relaxing and releases sore muscles. Vital Energy Body Oil made of juniper berry and lemongrass induces the detoxifying process, while slow strokes reach the deeper muscle layers. *Using ıla.*

**KU NYE MASSAGE, 90 MINUTES**

Harmonize and re-energize with this deeply rejuvenating Tibetan-inspired treatment which uses a blend of wild-grown organic oils to balance the five elements. Tibetan cupping, kneading and acupressure techniques are combined with the application of warm crystals and poultices to restore the nervous system and stimulate a free flow of energy. *Using ıla.*



FACIALS  
BODY TREATMENTS



**RENEWED RECOVERY FACE THERAPY,  
60 MINUTES**

Rejuvenate the skin and soften fine lines and wrinkles with this calming and restorative face therapy, which uses healing extracts from the Amazonian rainforest. Lymphatic drainage techniques, warm herbal poultices and a mud mask encourage the release of toxins, reduce water retention, increase blood supply and boost collagen production. *ila's* unique blend of bio-active and raw ingredients boosts the skin's natural regeneration processes, resulting in a radiantly healthy complexion that glows with vitality. *Using ila.*

**CRYSTAL HEALING FACE THERAPY, 90 MINUTES**

This treatment harnesses the healing vibrations of crystals to release tension and uplift the skin. A re-energizing garnet face scrub is followed by deep lymphatic drainage and acupressure with hot poultices to restore glow and radiance. A cooling and nourishing jade mask concludes the treatment to reduce the appearance of fine lines. *Using ila.*

**DREAMTIME FACE THERAPY, 60 MINUTES**

This grounding and nourishing treatment works at both an emotional and physical level, restoring balance of the throat chakra (the body's sleep energy center), while rejuvenating skin cells. This is ideal for restless minds and those seeking deep relaxation. *Using ila.*

**KU NYE FACE THERAPY, 60 MINUTES**

This Tibetan-inspired treatment is recommended for damaged skin and tired souls. Tibetan and Sea Buckthorn Seed oils, known for containing a rare Omega 7, are used to strengthen and regenerate the skin, improve circulation and balance core energy. A rosehip and honey scrub is followed by lymphatic drainage and Tibetan acupressure, along with the application of hot poultices to maximize penetration. This journey concludes with a balancing lavender and honey mask. *Using ila.*

**BALINESE BOREH WRAP, 40 MINUTES ✿**

This traditional Balinese treatment uses local ingredients such as clove, turmeric and nutmeg to warm the body and relieve tired muscles and achy joints. It also boosts circulation and encourages the release of toxins.

**LULUR BODY SCRUB WITH YOGURT SPLASH  
AND HERBAL BATH, 60 MINUTES ✿**

Cleanse and revive tired-looking skin with this locally-inspired treatment using ground rice and fragrant spices. It continues with an application of cooling yogurt to soothe and nurture, and concludes with a herbal bath, leaving skin soft and supple.

**DREAMTIME SCRUB AND BODY TREATMENT,  
90 MINUTES**

To increase resilience against anxiety or insomnia, this grounding treatment relaxes the nervous system, releases tension and restores the natural rhythm of sleep. It starts with a foot ritual and soothing mini scrub, and continues with chakra healing during which herbal poultices are applied to enhance the effects of the massage, leaving the mind and body deeply relaxed and peaceful. *Using ila.*

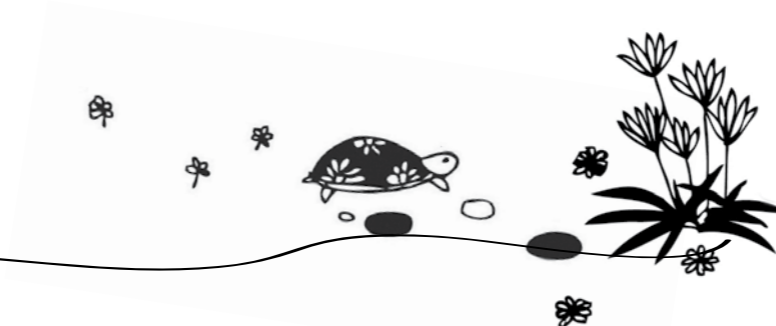
**NATURAL SUNBURN SOOTHER, 60 MINUTES ✿**

This hydrating and soothing treatment brings together the healing benefits of aloe vera and cucumber to soothe the skin after sun exposure.

*Add to any spa treatment:*

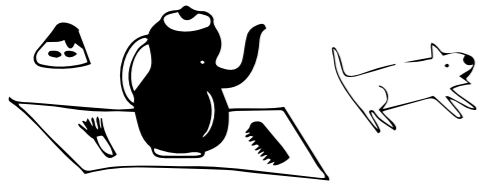
**CANDLE NUT SCRUB, 30 MINUTES ✿**

Its soft and oily consistency makes candlenut an ideal local ingredient for a body scrub. Suitable for normal or dry skin, this treatment draws out impurities, hydrates, and promotes smooth and radiant skin.





# RITUALS



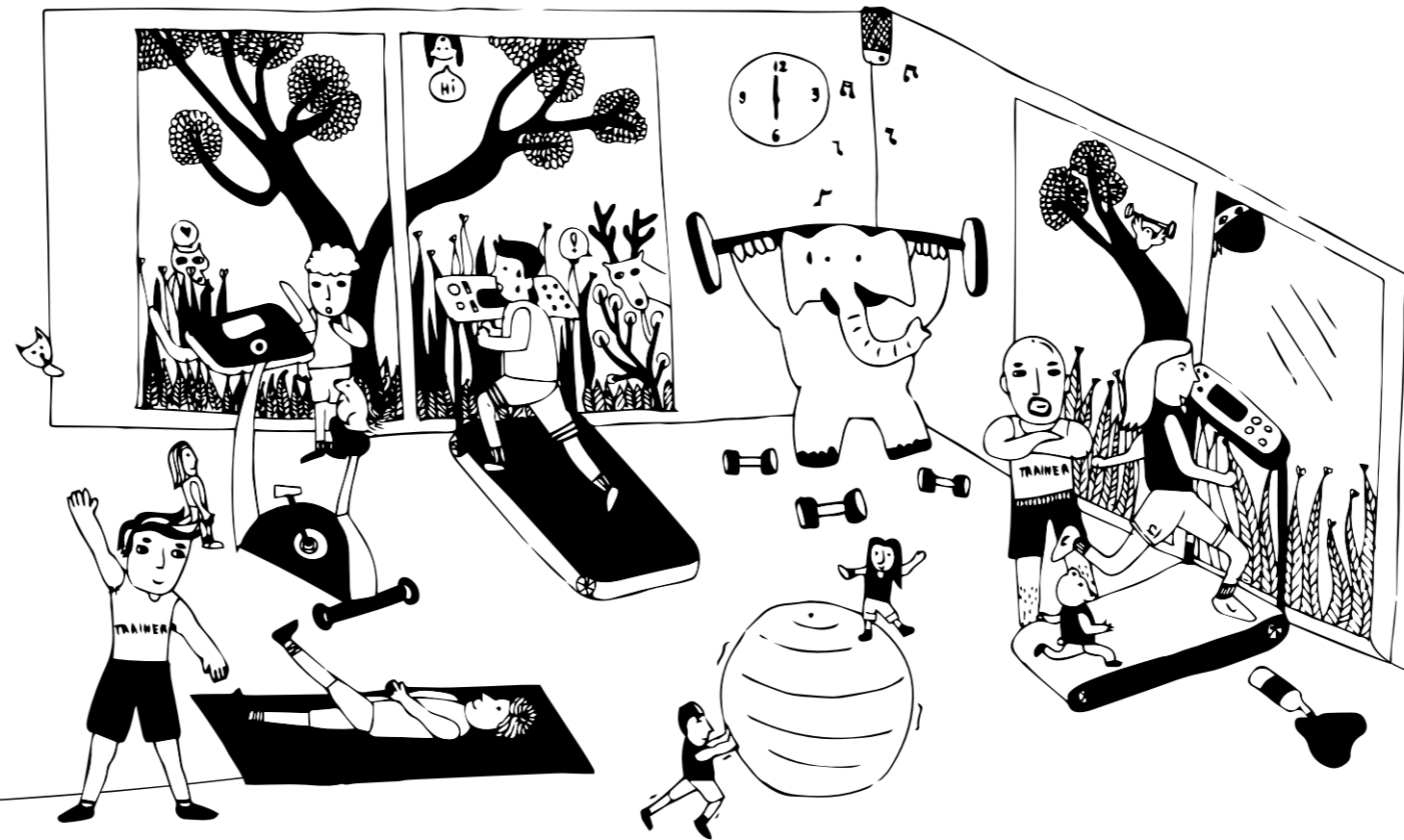
## BALINESE HEALER, 3 HOURS ✿

- Guided meditation*
- Tension-relieving Acupressure*
- Balinese Massage*
- Balinese Boreh*
- Avocado Body Polish*

## ROYAL LULUR, 2 HOURS 30 MINUTES

This beauty ritual dates back to the 17th century and the Royal Palaces of Central Java. It is the ultimate treat for tired skin. It begins with a relaxing full body massage, followed by the Lulur body scrub with an aromatic blend of spices to exfoliate the skin. It continues with an application of cooling yogurt to soothe and nurture, and concludes with a herbal bath, leaving skin soft and supple.

BEAUTY  
FITNESS AND  
WELLNESS ACTIVITIES



MANICURE, 60 MINUTES

PEDICURE, 60 MINUTES

GEL MANICURE, 60 MINUTES

GEL PEDICURE, 60 MINUTES



PERSONAL TRAINING, 60 MINUTES

AERIAL YOGA, 45 MINUTES

This yoga practice brings together stretching, breathing and meditation with gymnastics and aerial arts. A hammock, made of a soft and supple parachute-silk fabric, is suspended from the ceiling and used to support the body weight during a sequence of postures.

TRADITIONAL YOGA, 60 MINUTES

Yoga combines postures with conscious breathing and focus, and helps develop strength, flexibility and mental clarity. You can expect to develop body awareness and explore varied postures in a mixed-level environment.



YOGIC INTESTINAL CLEANSE, 75 MINUTES

Detox and cleanse the digestive system in a natural and non-invasive way with Laghoo Shankha Prakshalana, combining five yoga postures with the drinking of six to eight glasses of lightly salted water. Bookings are required one day prior to the desired start date.

YOGA NIDRA, 45 MINUTES

Also known as yogic sleep or sleep with awareness, this simple meditation practice is taught lying down while being guided by a teacher. Its goal is to induce full body relaxation and a deep meditative state of consciousness, addressing psychological, neurological and subconscious needs.

SIX SENSES MEDITATION, 60 MINUTES

This session focuses on mindfulness and strengthening your ability to listen and gauge body language, while developing more compassion and empathy for each other.

# SPA ETIQUETTE



### SPA OPENING HOURS

Daily 9:00 am to 10:00 pm

### SPA RESERVATIONS

For spa enquiries or reservations, please contact the spa reception directly or the front desk. Advance bookings are recommended to secure your preferred treatment time.

### PRIOR TO ARRIVAL

We recommend that you leave all jewelry and valuables in your room before coming to the spa. Male guests are advised to shave prior to all facial treatments to ensure that maximum results are achieved.

### ARRIVAL

Please arrive 15 minutes prior to your treatment in order to complete your lifestyle consultation form and take time to relax in the tranquil surroundings of our spa before your treatment.

### LATE ARRIVALS

Out of respect for other guests' reservations, please be aware that we are unable to extend your treatment time in case of late arrivals.

### CANCELLATIONS

Please allow three hours' notice on individual treatments and 24 hours' notice on spa packages; otherwise, 50 percent of the treatment price will be charged. Failure to keep your appointment will result in a 100 percent treatment charge.

### DURING YOUR STAY

In consideration of other guests, smoking and active mobile phones are not permitted in the spa. Six Senses Spa is a sanctuary of peace and harmony, so please be aware of the volume of your voice so as not to disturb other guests.

### AFTER YOUR TREATMENT

We recommend that you do not sunbathe after any massage, body treatment or depilatory waxing for at least six hours. To extend your spa experience at home, a variety of spa products are available for purchase at the spa retail store.

### PAYMENT

For hotel guests, all treatments will be charged to your room and will appear on your account at the time of departure from the hotel. Otherwise, major credit cards or cash are accepted at the spa reception.

### CHILDREN

At Six Senses, we believe that everyone can benefit from receiving spa treatments, including children. Our services are adapted to a child's needs and we offer two types of services: private treatments and therapies in an open room/group setting.

Anyone under the age of 18 must have a parent or legal guardian complete a Health Assessment Form and Children's Wellness Waiver on their behalf. They must wear undergarments or swimsuits during any treatment where clothing is typically removed. Parents and/or guardians will be asked to remain at/or close to the spa/place of the treatment so that they can be reached if needed.

For private (one on one) treatments with children below 14 years, we recommend that the parent or guardian be present in the room at the time of service. You can either schedule a couple's massage to enjoy the service simultaneously or quietly observe the treatment.







## WELLNESS PROGRAMS

## DURATION

## PRICE/IDR

**Wellness Screening**

60 minutes

1,200

**Sleep Upgrade**

First night

2,545

First night couple

3,390

Second night onwards

460 per night

per person

## SLEEP & RESILIENCE/TRIM & FIT/ CLEANSE & DETOX/FULL POTENTIAL

Wellness screening

3 nights

9,700 per person

3 x Personalized spa treatments (90 mins)

16,320 per couple

3 x Personalized fitness and wellness activities (60 mins)

Nutritional guidance on foods to favor and avoid

Wellness screening

5 nights

15,500 per person

5 x Personalized spa treatments (90 mins)

25,840 per couple

5 x Personalized fitness and wellness activities (60 mins)

Nutritional guidance on foods to favor and avoid

Wellness screening

7 nights

22,300 per person

7 x Personalized spa treatments (90 mins)

37,400 per couple

7 x Personalized fitness and wellness activities (60 mins)

Nutritional guidance on foods to favor and avoid

Post-program debrief and screening

*Prices are in '000 Indonesian Rupiah (IDR). All prices are subject to 21 percent government tax and service charge.*

## WELLNESS PROGRAMS

## DURATION

## PRICE/IDR

### DISCOVER YOGA

Yoga consultation (30 mins)	3 nights	4,720 per person
Personalized yoga (60 mins)		7,400 per couple
Guided meditation (45 mins)		
Signature massage (60 mins)		
Head Massage (60 mins)		
Yoga consultation (30 mins)	5 nights	8,200 per person
2 x Personalized yoga (60 mins)		12,200 per couple
Pranayama (30 mins)		
Guided meditation (45 mins)		
2 x Signature massage (60 mins)		
Head Massage (60 mins)		
Yoga consultation (30 mins)	7 nights	13,400 per person
3 x Personalized yoga (60 mins)		21,510 per couple
Pranayama (30 mins)		
Guided meditation (45 mins)		
Movement Restoration Massage (90 mins)		
Signature massage (60 mins)		
Ku Nye Massage (90 mins)		
Ku Nye Facial (60 mins)		
Head Massage (60 mins)		



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## WELLNESS PROGRAMS

## DURATION

## PRICE/IDR

### YOGIC DETOX

Yoga consultation (30 mins)

5 nights

10,445 per person

2 x Personalized yoga (60 mins)

15,500 per couple

Pranayama (30 mins)

Guided meditation (45 mins)

Yogic Intestinal Cleanse (75 mins)

Movement Restoration Massage (90 mins)

Detox Massage (60 mins)

Signature Facial (60 mins)

Yoga consultation (30 mins)

7 nights

17,600 per person

3 x Personalized yoga (60 mins)

27,000 per couple

2 x Pranayama (30 mins)

Guided meditation (45 mins)

Yogic Intestinal Cleanse (75 mins)

Movement Restoration Massage (90 mins)

2 x Detox Massage (60 mins)

Detox Scrub (60 mins)

Balinese Body Wrap (40 mins)

Holistic Massage (60 mins)

Signature Facial (60 mins)

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## WELLNESS PROGRAMS

## DURATION

## PRICE/IDR

### YOGIC SLEEP

Yoga consultation (30 mins)	3 nights	5,300 per person
Personalized yoga (60 mins)		8,500 per couple
Yoga nidra (60 mins)		
Holistic Massage (60 mins)		
Movement Restoration Massage (90 mins)		
Yoga consultation (30 mins)	5 nights	9,610 per person
2 x Personalized yoga (60 mins)		14,500 per couple
Pranayama (30 mins)		
Yoga nidra (60 mins)		
Personal Training (60 mins)		
Holistic Massage (60 mins)		
Dreamtime Face Therapy (60 mins)		
Movement Restoration Massage (90 mins)		
Yoga consultation (30 mins)	7 nights	13,800 per person
2 x Personalized yoga (60 mins)		22,610 per couple
Pranayama (30 mins)		
2 x Yoga nidra (60 mins)		
2 x Personal Training (60 mins)		
Relaxed Feet (60 mins)		
Holistic Massage (60 mins)		
Dreamtime Face Therapy (60 mins)		
Movement Restoration Massage (90 mins)		
Head Massage (60 mins)		

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## TREATMENTS

## DURATION/MINUTES

## PRICE/IDR

### MASSAGES

Six Senses Signature Massages:

<i>Detox</i>	60	1,600
<i>Holistic</i>	60/90	1,600/2,100
<i>Movement Restoration</i>	90	2,200
<i>Tension Soother/Head Massage/Relaxed Feet</i>	30/60	850/1,550
Kundalini Back Treatment	60	1,800
Karuna Deep Tissue Treatment	90	2,600
Ku Nye Massage	90	2,600

### FACIALS

Renewed Recovery Face Therapy	60	1,900
Crystal Healing Face Therapy	90	2,400
Dreamtime Face Therapy	60	1,900
Ku Nye Face Therapy	60	1,900

### BODY TREATMENTS

Balinese Boreh Wrap	40	1,100
Lulur Scrub with Yogurt Splash and Herbal Bath	60	1,700
Dreamtime Scrub and Body Treatment	90	2,600
Natural Sunburn Soother	60	1,600
<b><i>Add to any spa treatment:</i></b>		
Candle Nut Scrub	30	850

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## TREATMENTS

## DURATION/MINUTES

## PRICE/IDR

### RITUALS

Balinese Healer

3 hrs

4,100

Royal Lulur

2 hrs 30 mins

3,500

### BEAUTY

Manicure

60

1,100

Pedicure

60

1,100

Gel Manicure

60

1,350

Gel Pedicure

60

1,350

### FITNESS AND WELLNESS ACTIVITIES

Personal Fitness Training

60

800

Aerial Yoga

45

1,000

Traditional Yoga

60

1,400

Yogic Intestinal Cleanse

75

1,750

Yoga Nidra

45

1,000

Six Senses Meditation

60

1,400

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SIX SENSES SPA ULUWATU, BALI

T + 62 361 209 0300 Direct Line +62 361 209 0529 F + 62 361 477 1919 E reservations-uluwatu-spa@sixsenses.com

Jl. Goa Lembeh, Pecatu, Kuta Selatan, Kabupaten Badung, Bali 80361, Indonesia

